

San Antonio College

INSTITUTIONAL EFFECTIVENESS UNIT REVIEW ADDENDUM

DEGREE/CERTIFICATE AND CONCENTRATIONS PROGRAM LEARNING OUTCOMES & MEASURES

San Antonio College
Degree or Certificate Program and
Concentrations
Learning Outcomes & Measures

Date: November 29, 2005

Division: College of Arts & Science

Dean: William Richardson

Department/Discipline: Kinesiology

Chair/Director: Leslie F. Bleamaster, II

Building Name and Room: Candler Physical Education Center Room 131B

Address: 1300 San Pedro Avenue, San Antonio TX 78212

Telephone: 210-733-2762

Fax: 210-733-2765 **email:** lbleamas@accd.edu

- I. **Degree, Certificates or Concentration or Unit in Support of:** Kinesiology/Dance (part of core curriculum and other majors): classroom and web-based.

- II. **Expected Program/Unit Learning Outcomes:** Students who take Kinesiology/Dance courses in order to complete Associate Degree requirements at San Antonio College or transfer to a four-year college or university program will be able to:
 1. Demonstrate comprehension of how the five components of physical fitness (cardiorespiratory endurance, muscle strength, muscle endurance, flexibility and body composition) can contribute to a healthy lifestyle and minimize the development of chronic disease.
 2. Demonstrate, through various forms of physical fitness activities, the levels of improvement that can be achieved through physical fitness programs.
 3. Demonstrate mastery of rules, techniques and strategies involved in developing competency for lifetime sports and skills.
 4. Demonstrate comprehension of dance skills necessary for social dancing, physical fitness and professional development.

- III. **Measures of Program/Unit Learning Outcomes:**
 - Student retention
 - Comprehensive Final Examination
 - Student surveys
 - Syllabus Audit
 - Participation in physical fitness testing:
 - Blood pressure
 - Vital capacity (VO₂)

Body fat analysis (fat mass and per-cent body fat)
Skin fold test
Body measurements
Harvard Step Test
Cooper's Aerobic fitness Test
Strength Ratio Test
Timed Activities

Participation in skill improvement testing:

Sport specific skill tests

Participation in choreographed dance routines

A. To ensure that our program/unit reaches these goals, our faculty members pursue the following outcomes, each expressing what our students should know and be able to do.

- Students will be able to plan and program physical fitness activities based on proper levels of frequency, intensity and duration.
- Students will be able to pursue the conduct of lifetime skills and sports based on knowledge of rules, skills and strategies.
- Students will be able to demonstrate dance techniques for social, professional and fitness pursuits.

B. To achieve these program/unit outcomes, faculty members employ the following strategies:

- Develop appropriate physical fitness routines that allow students to improve physical fitness levels.
- Develop appropriate progression of movement patterns, for specific skills, to correct and improve motor skills.
- Develop appropriate patterns of dance for fitness, social and professional purposes.
- Provide a sound theoretical base for all activities that allow students to understand the concepts inherent in physical fitness, motor skills, sports and dance.

IV. List of Courses in support of Degree, Certificate, Concentration, Program or Unit:

DANC 1110	Tap I
DANC 1128	Ballroom I
DANC 1129	Ballroom II
	Prerequisite: DANC 1128 or instructor approval
DANC 1133	Country and Western I
DANC 1141	Ballet I

DANC 1142	Ballet II Prerequisite: DANC 1141 or instructor approval
DANC 1145	Modern Dance I
DANC 1146	Modern Dance II Prerequisite: DANC 1146 or instructor approval
DANC 1147	Jazz Dance I
DANC 1151	Dance Performance I
DANC 1152	Dance Performance II Prerequisite: DANC or instructor approval
DANC 2151	Dance Performance III Prerequisite: DANC or instructor approval
DANC 2152	Dance Performance IV Prerequisite: DANC or instructor approval
DANC 1153	Spanish Ballet I (Flamenco)
DANC 1154	Spanish Ballet II (Flamenco) Prerequisite: DANC or instructor approval
DANC 2303	Dance Appreciation
KINE 1102	Cardio Combo
KINE 1103	Cardio Kickboxing I
KINE 2103	Cardio Kickboxing II Prerequisite: KINE 1103 or instructor approval
KINE 1104	Hi-Lo Aerobic Dance
KINE 1105	Latin Cardio Dance
KINE 1106	Step Aerobics I
KINE 1110	Basketball I
KINE 1115	Volleyball I
KINE 2115	Volleyball II Prerequisite: KINE 1115 or instructor approval
KINE 1123	Fencing I
KINE 1124	Fencing II Prerequisite: KINE 1123 or instructor approval
KINE 1125	Golf I
KINE 1126	Racquetball I
KINE 2126	Racquetball II Prerequisite: KINE 1126 or instructor approval
KINE 1127	Tennis I
KINE 2127	Tennis II Prerequisite: KINE 1127 or instructor approval
KINE 1132	Self Defense
KINE 1133	Tai Chi I
KINE 1134	Tai Chi II Prerequisite: KINE 1133 or instructor approval
KINE 1136	Yoga I

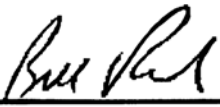
KINE 2136	Yoga II Prerequisite: KINE 1136 or instructor approval
KINE 1150	Aquatic Conditioning I
KINE 2150	Aquatic Conditioning II Prerequisite: KINE 1150 or instructor approval
KINE 1154	Swimming I
KINE 2154	Swimming II Prerequisite: KINE 1154 or instructor approval
KINE 1156	Water Aerobics I
KINE 1160	Ballet I
KINE 2160	Ballet II Prerequisite: KINE 1160 or instructor approval
KINE 1162	Ballroom I
KINE 2162	Ballroom II Prerequisite: KINE 1162 or instructor approval
KINE 1163	Country & Western I
KINE 1168	Jazz Dance I
KINE 1169	Modern Dance I
KINE 2169	Modern Dance II Prerequisite: KINE 1169 or instructor approval
KINE 1170	Spanish Ballet I (Flamenco)
KINE 2170	Spanish Ballet II (Flamenco) Prerequisite: KINE 1170 or instructor approval
KINE 1171	Tap I
KINE 1172	Dance Performance I
KINE 1173	Dance Performance II Prerequisite: KINE 1172 or instructor approval
KINE 2172	Dance Performance III Prerequisite: KINE 1173 or instructor approval
KINE 2173	Dance Performance IV Prerequisite: KINE 2172 or instructor approval
KINE 1175	Adap. Physical Conditioning I
KINE 2175	Adap. Physical Conditioning II Prerequisite: KINE 1175 or instructor approval
KINE 1176	Cardio Boot Camp I
KINE 1177	Core Training
KINE 1178	Jogging I
KINE 1179	Physical Conditioning I
KINE 1180	Spin Bike I
KINE 1182	Walking I
KINE 1184	Weight Training I
KINE 2184	Weight Training II Prerequisite: KINE 1184 or instructor approval
KINE 1238	Concepts of Fit and Well

KINE 1301	Foundations of Kinesiology
KINE 1304	Personal Health
KINE 1306	First Aid

V. Department Faculty and Staff (name and title)

Chair: Leslie F. Bleamaster, II

Full-Time	Part-Time
Dawn M. Brooks, Instructor	Marcelino Ambriz, Instructor
Andreia G. Brown, Assistant Professor	Debbie Boldt, Instructor
Ronny Culpepper, Professor	Cherilyn Carlile, Instructor
Brad Dudney, Instructor	Jacquelin Crow, Instructor
Val Gonzales, Assistant Professor	Roger Crozier, Instructor
Carol Johnson, Professor	Jane Goldstein, Instructor
George Ann Simpson, Associate Professor	Angelina Jackson, Instructor
Martha Stephenson, Associate Professor	Enrique Juarez, Instructor
	Hector Luna, Instructor
	Lorraine McVey, Instructor
	Steve Reyna, Instructor
	Sammye Smith, Instructor
	Randi Wayland, Instructor
	Kevin Wiley, Instructor

APPROVED: 
 (Signature of Dean)

Date: 1-22-06

Five Year Review Assessments:

Five Year Review Assessments and academic related recommendations were addressed in this document by adding more internet courses and varying teaching strategies beyond lecture and activity. Faculty and student involvement in community events, student observation of local school programs, visits by local schools to the Kinesiology/Dance department and student and faculty attendance at conventions were encouraged and sponsored.